

## Diabetes risk score among young adult students

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### Abstract

**Objective:** Diabetes is a chronic metabolic disease which is growing at worrying rate in developing country like Nepal. Screening of risk factors among the young population may minimize or prevent the occurrence of diabetes and development of fatal complications in future. Therefore, the aim of this study was to assess diabetes risk score among young individuals.

**Methods:** This cross sectional study was conducted among students of age group (18 to 25 years) studying at Manmohan Memorial Institute of Health Sciences and Central Institute of Science and Technology. All the socio-demographic data, anthropometric measurements, and dietary habits were recorded by using standard questionnaire. Fasting plasma glucose and lipid profile were estimated by using standard manufacturer's guideline. The Diabetes risk score was calculated by The Finnish Diabetes Risk Score (FINDRISC tool). Association between cardio-metabolic risk factors and diabetes risk score was established by ANOVA test.

**Results:** Among total 825 students, 739 (89.6%) were recruited for the study with complete questionnaire, fasting blood sample. Median age of the study population was 20 years. Among total study population, 553 (74.80%) were under low risk (FINDRISC < 7), 164 (22.18%) were at slightly elevated risk (FINDRISC 7-11), 15 (2.02%) were at moderate risk (FINDRISC 12-14) and 7 (1.01%) were at high risk of diabetes. BMI, TC and LDL-C were higher at significant level ( $p < 0.001$ ) with increasing diabetes risk score in our study population.

**Conclusion:** Risk factors for diabetes were common among young adults. Early assessment of diabetes risk in young may provide insights for preventive and control plan for risk population.

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[3<sup>rd</sup> International conference on Diabetes, Hypertension and Metabolic Syndrome](#); Webinar- July 02-03, 2020.

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### Biography:

She has completed her Bachelor in Medical Laboratory Technology at the age of 22 years from Manmohan Memorial Institute of Health Sciences. She is working as